

7 Resilience Healing Processes Align to Immunize Real Heroes against Evil

SD7

"Don't be evil" is a great slogan, but worthless without a deeper grasp of how to defeat abstract infrastructures of accidental unwitting malevolence due to **BABL** ("**Blindly Assuming Blindly Leveraging**"). To counter BABL's destructive wheel of history requires all 7 *ResilienceHealing* \7RH processes, each with its 7 stages as aligned below. These combine into a Hero Journey to master all 7x7 Stages for defeating systemic evil. No stage depends on theology beyond the shared value of *humane equal dignity* (eg. "love as yourself all your neighbors"). Thus, this 7RH map works for all faiths & none, like a superrational solution (even as followers of Yah & Yas)\Jesus pioneered much of it). Conversely, no society of beings can last without 7RH-like work. It's the high calling to live as hero priest and king for Yah in **EDEN** to **Evolve Diversity Encouraging Negotiating**. It's also the 'logical latrine service'^{Rom.12:1} it takes to fight BABL's **OverSimplifying OverComplicating OverReaches** \OSCR\ORCS. This service grows **Beginners' Ease, Admins' Speed-ups, & Experts' Cases** (\ESC in \BAE = **3VoW**) that define the **3 Views of the Weak**, the superpower behind Truth.

7RH Process	0 – nothing: 7Wo\Wounds := 7 Dark Powers, 7 Chakra Blocks	1 – Area: 7Wa\Waiting Clean slates to enable growth: good...mix..bad	2 – Seed: 7Gr\Grieving Loss of any kind, Language of Pain	3 – Feed: 7Fo\Forgiving Breaches by SIN, (eg. Truth & Reconcil. Commissions TRCS, RSA)	4 – Grow: 7Rp\Repairing Breaches of LIEs, Language of true apology (eg. Isa.58)	5 – Reap: 7De\Deliverance from ruts and pits of BASHing LIEs of deep deception	6 – Move Many: 7Sc\SocialChange (eg. Gandhi's India; USA 4 th gen.issues, 1877-2021=144yrs...)	7 – Raise 1 Kid: 7Mh\Motherhood HeroRaising pioneers paths	8 – Keep Living it: Each 7He\Hero Journey grows and learns to live on the way
Stage 1 AMO EPH	Pride, Darkness , Fear	Patience is trust in Reality, active waiting, serving others, not quick fixes	Hear bad news about cause: Denial overcome externally by not killing messengers	Notice Effects: Tell the story. victim gets to say it "as it is" (not as it "ought to be")	Regretful Answer on hearing effects: ("I am sorry"); seek not absolution but a chance to repair	Challenge: causal LIE asserts presence of control when confronted or asked to leave	A real Call Out ... (eg. Epiphany on Jan 6, 2021 was about what ??? – 4 th gener., 144 yrs.)	Point in useful directions (after listening and staying informed first!)	ACD Adventure Call to Dare the next journey
Stage 2 HIT SMY	Envy, Desire , Guilt	Loss of Control like Yas' cross: to enable grief, learn resilient dependence	Realize the cause: Denial overcome internally against blind inner BABL mirages from OSCR	Ask Questions: victim get basic clarifications from the other side	Analyze Causality: find drivers of the offending actions (no self-justifying when explaining!)	Pretense ('fake it'): LIE hides in a given context behind masks that try to "look realistic"	... gets Ignored ... by white-washing tons of LIEs to try to self-justify, so "nothing is wrong"	Instill confidence through affirmation (eg. I'm worse!)	TTT Trial Tribulation Training helps prepare; Ps.68:20
Stage 3 CAN PER	Lust, Ignorance , Shame	Living in the Present to be, without worry, faithful now: small=enough	Anger at Reality, driven by BABL reflexes of blind OSCR ORCS resisting true life	Name the hurt: as true opposition each victim gets to say what hurtful actions really meant	Confess to take Responsibility ("I was wrong, here is why: #MyGuilt details")	Breakpoint: debug by naming the functional secret of power ("Rumpelstiltskin")	... is Laughed at ... after ignoring fails; some "jokes" try to avoid truth by not naming truth	Be mindful of mental health of all involved (<i>Smile!</i>)	GAT Gain opportune Advantages and Temptations
Stage 4 PHE THY	Wrath, Eagerness of death , Grief, Shared Closed World	Compassion teaches us to receive, to be who we are, to empathize, connect hope, and to gather deep strength	Bargaining as blind BABL ORCS fight ZION of Earth that offers better Zoning Investigating Organizing Navigating	See all Blindness "for they know not what they do" meet infinity of BABL's OSCR ORCS: to see the other side and end ruts of coveting hamster wheels	Relearn to listen: ("How can I make it right again for You, the harmed, so I can repair the breach properly?"); fake hopes can kill, so stay true & real	Voice open truth: LIE is forced to admit a key truth by putting it into its true context; this breaks a key Closed World Assumption \CWA	... gets Fought ... to turn tides of misinformation in institutions by forcing a LIE to spell out truth (eg. see D-Day effect in WWII)	Teach resilience (against inner institutional inertia to keep open worlds practical)	MYM Meet Your Maker Infinity Alone to end Closed World Assumptions to enable better future growth
Stage 5 JEB SAR	Individual Gluttony, Rotten selfish egoism , Caving to LIEs	Gratitude to turn obstacles to opportunities: 3 Views of the Weak beyond entitlement	Depression sorrow feeds loss of hope vs to live takes courage; so, to truly encourage is survival-critical	Grant forgiveness: it's a <i>decision</i> : valid even if emotions do need time to follow (& forgiving oneself can be the hardest)	Turning back: to let actions speak ("I will try to not do that again and here is how – in practical terms")	Clash over Life: force LIE to leave by telling truth that strengthens weak and dying true diversity in ESC	... but if one keeps Enduring ... as in Rev.12:11 to repair SINS caused by a LIE (eg. 4 th gen. Ex.20 in US 1877-2021, ...)	Teach to see others in their many contexts (3VoW values of ESC : Errors, Speed, Cases)	LUC Lucky UltimateReward Comedy finds practical ways to apply infinity
Stage 6 HIV PHI	Institutionalized Greed, Foolish wisdom out of context , SIN Splintering	Humility leads to assess and honor honestly, to love without judgement, to live in real grace	Acceptance of unavoidable pain "as is"; this avoids suffering from emotional responses to pain	Release the relationship: to stop tyranny of one-sided suffering; forgiveness can <i>not</i> be "demanded"	Follow through and get <i>proper</i> feedback flows: ("Does this new system actually work for you?")	Expulsion: causal LIE leaves so that the victory becomes visible and measurable, so that clarity wins	... until one Wins ... Philadelphia cuts racism by defining a better inclusion for more siblings (eg. V-Day in WWII)	Engage to be kind (while staying also <i>gentle</i> and <i>reasonable</i> for the full trifacta)	RES RES cueTripTo RES urrection – capitalize new opportunities <i>without killing</i>
Stage 7 GIR LAO	Busy-slumber ruts "look busy" but are slothful, Wrathful wisdom , Idolized private conspiracy to close worlds	Trust in YAR = Yah\Allah\Reality = love to unify as the highest power overall: let go of fear to petition for a <i>future for all</i>	Homecoming: understanding <i>why</i> is not required for accepting; but it is vital for reconciling – if both parties want to form a true home again	Renew the relationship: only enough repair and time <i>may</i> get all to agree on key views; good relationships & trust can only grow, not be demanded	Asking for forgiveness: without a right to demand forgiving: ("Will you please forgive me – or is there anything else to do first?")	Seal the deal: confirm the truth to keep the LIE out by locking-in the new legal context for owners (or else it will all get 7x worse)	... by Locking it in: Define clearer laws for platforms by improving rules (eg. calculations to explain Galileo; Constitution for USA, and more ...)	Nurture their spiritual gifts by mentoring (to help them find their path for growing into heroes in their own right)	FRE Free Reborn for EvolvingBetter – share with all innovations to improve quality of life overall

Type	Abstract category:	Type of process	to overcome hurt;	Win for	immunity – against	dark wound types.	
Death-trifacta: incurious ignorant indifference lets nothing strike	Expecting exceptions: Self lives in open contexts	Realizing effects of BABL OSCR ORCS: Self conflicts with Reality ; this <i>always</i> causes pain	Reacting to causes: Self heals hurts caused by people to self due to SINS (even if self did it!)	Repair personally: Self restitutes harm done to others caused by self-LIEs & SINS	Institutional acts: External healing done for groups to cut systemic LIEs, SINS, bias, ...	Systemic action: Groups improve groups by systems evolving clarity – can hide in crowd	Individual acts: Individuals improving individuals is the hardest!
Win Failure: <i>evil wins if good people build 0 immunity to silly mistakes.</i>	Life wins over Driven Eval's Antagonizing True Hope ^{DEATH}	Self accepts pain in Reality to not suffer extra from needless negative judging	Self overcomes inner hurts due to someone's SINS (including self-SIN!)	Self corrects its external acts that are hurting others (unwittingly or not)	Trifacta-holy self overcomes LIEs in external OrgTrials (institutional SIN)	Group action wins against group SINS of ORCS idols – via OrgTrial & IndTrial	Must <i>cut plank in own eye</i> first to avoid growth of hypocrisy
Refs 0	1	2, 8(e), 10	3	4	5, 10	6, 9, 12	7, 8, 11

References: To fit on 1 page, this terse 7RH Table intensely excerpts underpinning reality by zooming out (as in "see Earth from space"). Using it to heal real problems requires "deexcerpting" (zooming in) by people who know from experience how to practically get from one stage to the next. Lifetimes of confusion can be saved by mentoring from experienced parents, pastors, teachers, therapists, counselors, councilors, leaders, managers, rabbis, imams, ... heroes. The 7RH above is like a "World map"! It doesn't show "streets in and between cities". That doesn't make it useless. Those aiming to navigate "street-level" details (eg. in sets of targeted 8-week self-help groups) may find useful refs below (but many more exist). This alignment by Laurence Loewe of Laodicea \LLOL grew from "7e-echoes" he saw in Rev.2-3, Mt.5-7, Psalms 1-150, Israel's Prophets... and these Refs: 1. "Seven Spiritual Gifts of Waiting: patience, loss of control, living in the present, compassion, gratitude, humility, trust in God" by Holly W. Whitcomb, 2005 (Augsburg Books, Minneapolis, MN). – 2. Well-known stages of grief: "Grieving: a beginners guide" by Jerusha H. McCormack, 2005, 2018, 10th print (Paraclete Press, Brewster, Massach.). – 3. "The Book of Forgiving: The fourfold path for healing ourselves and our world" by Desmond Tutu et al. 2014 (HarperOne, NYC), based on experiences in "Truth and Reconciliation Commission of South Africa reports" (1998) 7 volumes http://www.justice.gov.za/trc/ (Cape Town). – 4. "The Five Languages of Apology: How to experience healing in all your relationships" by G. Chapman, J. Thomas, 2006 (Northfield Publish., Chicago). – 5. Stages of deliverance as noted in 2014 Derrickson Film "Deliver us from Evil" based on experiences with 2001 book by Ralph Sarchie and L.C. Cool (2001) "Beware the night: a New York City cop investigates the supernatural" (St. Martin Press, NYC). – 6. For a deeper framework, see e.g. books and websites by GregSatell.com/changeos/ – Stages here loosely follow insights gleaned from Gandhi, history, & news. How complex systems dynamics guide sudden transitions (in simpler systems), see "Self-organized criticality as a fundamental property of neural systems" by Hesse, J. & T. Gross (2014) in Front Syst Neurosci 8: 166. Doi.org/10.3389/fnsys.2014.00166 – 7. Lilada Gee, 2024-05-12, an outstanding **Mother's day sermon for heroes** Youtube.com/watch?v=LX2TnifZpg – 8. LLoL's 7HeroJourney echoes combine stories and story types reviewed by (a) "Hero with a 1000 Faces" by Joseph Campbell 1949; (b) "The 7 basic plots" by C. Booker 2004; (c) In John 3 Jesus likely saw the Torah's Hero Journeys ... as so obviously requiring a "new birth from above", that he was surprised a professor like Nicodemus had missed it. (d) Social rejection can activate similar nerves to physical pain, so a hero journey requires learning better ways to react than to get drunk on distraction; this is crucial for loving enemies, especially the worst enemy: the full Truth about one's pain in life; the Apostles used "drunk" very broadly. (e) see more in the candor of many psalms and "The book of waking up: experiencing the divine love that reorders a life" by Seth Haines, 2020 (Zondervan, Grand Rapids, Michigan). (f) "A churchless faith: faith journeys beyond the churches" by Jamieson, A. 2002 (London: SPCK) shows how Hero Journeys stages often interact with groups. – 9. More on social change: (a) Ihsan = to do beautiful things: "Islam and good governance: a political philosophy of Ihsan" 297 pages by Khan, M.A.M., 2019 (Palgrave, New York, NY). (b) "Corruptible: who gets power and how it changes us" 306 pages by Klaus BP 2022 (Scribner, New York, NY). (c) "How to succeed in business without lying, cheating or stealing" 168 pages by J. Nadel 1993 (Pocket Books, New York, NY). (d) "Leadership and the one minute manager: increasing effectiveness through situational leadership" 111 pages by Blanchard et al. 1985 (Morrow, New York, NY). (e) "Spiritual ecology: the cry of the earth" 560 pages (Orbis Books, Maryknoll, NY). (f) Feldman, L. 1996, "Philosophy of art education" 138 pages (Prentice Hall, NJ). (g) Vincent L. 2017 "Innovation theology" 399 pages. by Zinn H, ed. 2002 (Beacon Press, Boston, MA). (h) "Thinking, fast and slow" 499 pages by Kahneman D., 2013 (Farrar et al., New York, NY). – 10. Shadow Work: (a) Monbourquette J (2001), "How to befriend your shadow: welcoming your unlabeled side", 155 pages (Novalis, Ottawa, Canada). (b) Elliott, C. (2020), "Existential kink...", 220 pages (Weiser Books, Newburyport, MA). (c) Mate, G & D (2022), "The myth of normal: trauma, illness, & healing in a toxic culture", 562 pages (Avery, New York, NY). (d) Benner DG, 2015, "The gift of being yourself: the sacred call to self-discovery", 127 pages (IVP Books, Downers Grove, IL). (e) Brown B, 2021, "Atlas of the heart: mapping meaningful connection & the language of human experience", 326 pages (Random House, New York, NY). (f) Rizzo, S. (2000), "Becoming a humor being: the power to choose a better way", 171 pages (Full Circle Pub., Lindenhurst, NY). – 11. More on Hero Journey: (a) Howard-Brook W 2010, "Come out my people: God's call of empire...", 543 pages (Orbis Books, Maryknoll, NY). (b) Wink W 1992, "Engaging the powers: discernment and resistance in a world of domination", 440 pages (Fortress Press, Minneapolis). (c) Thurman H, 1949, "Jesus and the disinherited", 112 pages (Abingdon-Cokesbury Press, New York). (d) Myers C (2008), "Binding the strong man...", 560 pages (Orbis Books, Maryknoll, NY). (e) "Churches and how to survive them", 222 pages (HarperCollins, London). (f) Hollaway & Avery, 1994, "Churches and how to survive them", 222 pages (HarperCollins, London). (g) Taleb, 2012 "Antifragile...", 540 pages (Random, New York) (e) et al., etc. – 12. More related insights: (a) Tavis & Aronson, 2020 "Mistakes were made (but not by me)...", 460 pages (Mariner, Boston). (b) Varoufakis, 2015 "The Global Minotaur...", 299 pages (Zed Books, London). (c) Hollaway & Avery, 1994 "Churches and how to survive them", 222 pages (HarperCollins, London). (d) Taleb, 2012 "Antifragile...", 540 pages (Random, New York) (e) et al., etc. – O. On death by nothing: here LLoL combines views of (a) en.Wikipedia.org/wiki/Seven_deadly_sins; (b) 7 Forms of Dark Power in Gospel of Mary, Chapter 8 (Ascend); in Taussig et al. (2013) "A New New Testament: a Bible for the twenty-first century combining traditional and newly discovered texts" (Houghton Mifflin Harcourt, Boston, MA); (c) Chakra blocker mini-intro in S2E18 of 2007 Film "Avatar: The Last Airbender" (Netflix); (d) a general ref for sin as a Structurally Inconsistent Notion \SIN, see Plantinga (1995) "Not the way it's supposed to be: a brevity of sin" (Eerdmans, Grand Rapids, Michigan); (e) see age-appropriate maturity for healthy ways of how people react ... and develop "The mental wealth of nations" Nature 455(2008)1057-60.

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